

Did You Know?

In the month of November, at least 18 different national health observances are celebrated, including:

- American Diabetes Month
(American Diabetes Association)
- Lung Cancer Awareness Month
(Lung Cancer Alliance)
- Prematurity Awareness Month
(March of Dimes)

Rental Rebate Program a Success

THE HARTFORD DEPARTMENT OF HEALTH AND HUMAN SERVICES RETURNS OVER 3 MILLION TO RESIDENTS



The Hartford Department of Health & Human Services Rent Rebate Team began processing Rent Rebate applications for Hartford's Elderly/Disabled renters on May 17, 2010 through September 15, 2010. At the end of the program period over 5,700 applications were completed and submitted to the CT Office of Policy and Management (OPM) as a claim for payments.

The total value of the anticipated rebate income is over 3 million dollars which represents 400 additional applications and a five-hundred thousand (\$500,000) increase over the 2.5 million dollars claimed on last year.

The Department Director, Carlos Rivera, would like to take this opportunity to recognize and congratulate the community partners and the HHS Renters' Rebate Team led by James Johnson, Jr., Project Manager for a job well done. He also states that "this added income will be a great help to our elderly and disabled residents in today's economy".

WELCOME!

Our newest staff members:

- July Espinoza, Nutritionist I
- Shawna Gilbert, Nutritionist I
- Milena Acevedo, Neighborhood Outreach
- Aida Villafane-Negron, Neighborhood Outreach
- Shenika Brown-Reid, Healthy Start Outreach
- Christine Etzel, Nutritionist I
- Jennifer Zapata, Nutritionist Aide
- Jamila Amberslie, Neighborhood Outreach
- Trishanna Branford, NFN Home Visitor

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Pedro E. Segarra
Mayor

Healthy Hartford News

Hartford Department of Health and Human Services

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"A Job Well Done"



Rita Kornblum is the recipient of the Semi-Annual Manager/Supervisor Award for the first half of the 2010-2011 year. Rita is the Health Educator for the Department of Health & Human Services and is responsible for the management of the Health Equity Alliance grant which helps us work toward eliminating inequality in health. Rita's nominator lifted up her creativity in finding ways to reach her audience, her success in building a network of partners, her presentation skills and her willingness to go the extra mile to provide for each family she meets the encouragement and education they deserve. "Rita provides an excellent example of what it is to really care about the community we serve."



Milagros Acosta, the Most Valuable Performer for the First Quarter of 2010-2011 is a Family Support Worker in the Senior & Community Services Division. She works with grandparent families who are raising a second generation of children, many of whom face multiple challenges resulting from exposure to abuse, neglect or trauma. Milagros' nominator highlighted her abilities as a "life coach to her clients, advocating and encouraging them to be better leaders for their families", her empathy and consistency, her skills as a listener, and her role as a team player both with co-workers and clients. "Milagros should be recognized because she truly is an example of our five core values."



Renee Smith is the recipient of the Most Valuable Performer Award for the Second Quarter 2010-2011. Renee is the Work Site Monitor for the Environmental Health Division. She interacts with everyone who comes in person to the Environmental Department, as well as handling phone calls that come in. Renee's nominator stated that she has "energized" her position and added creativity and professionalism the tasks she is responsible for. Renee is "always willing to go the extra mile with customers and colleagues alike. She stays often after hours to make sure things are done. Her pleasant personality is a real asset to the job."

Health Equity Alliance

HARTFORD HEALTH AND HUMAN SERVICES DEVELOPS ITS WORKFORCE WITH GOAL OF REDUCING HEALTH INEQUITIES AND DISPARITIES



"Engaging all employees in our effort to eliminate health disparities is one of our best strategies to effectively address the health and wellness needs of our residents."

Carlos Rivera, Director

One of the most important objectives of the Health Equity Alliance is to train public health workforces to address health inequities and disparities.

In partnership with the Hispanic Health Council and the Center for Eliminating Health Disparities among Latinos HHS'

Health Equity Alliance Team developed a curriculum designed to engage staff members in developing strategies to address health inequities and disparities. The final curriculum incorporated adaptations from the Alameda County Public Health Department's Public Health 101 Training Curriculum, as well as the Hispanic Health Council's Cross-Cultural & Diversity Inclusiveness Training.

The overall training objectives of the Health Equity Action Training include:

- Expose Hartford Department of Health and Human Service (HHS) staff to the Health Equity Alliance Initiative and Health Equity Index.
- Promote an understanding of the social determinants of health.
- Discuss challenges of facing personal and institutional biases that contribute to stereotyping.
- Promote the development of a common language for building health equity.
- Engage HHS staff in developing strategies to address health inequities.

With the first set of training sessions already under way, the commitment, creativity and talents of our staff are coming together to devise great solutions that can be implemented in our everyday work.



New Logo!

As we continue to incorporate the Healthy Hartford campaign into every effort that our staff makes and every service that we provide to the public, it is now fitting that the department logo reflects our new philosophy!



Grand Opening of New Parker Memorial Community Center

State of the Art Recreation and Family Center

On October 2, 2010, Mayor Pedro Segarra and the Hartford Department of Health and Human Services Recreation Division proudly celebrated the Grand Opening of the new Parker Memorial Community Center in North Hartford!

With an exciting set of Family Day activities, we celebrated the completion of our newest state of the art facility designed to serve Hartford families. The Parker Memorial Community Center offers



Sankofa Kuumba Performance



“Another gem in our city has come to life!” -- Mayor Pedro Segarra

programming to residents of all ages. Among others, we offer:

- Health and Wellness Programming
- Exercise Classes
- State of the art gymnasium designed to accommodate indoor sports such as basketball and volleyball
- Aquatics – Swimming lessons
- “Grow With Me” Community Garden
- Family Center

The Family Day activities delighted participants with exercise classes, a Zumba demonstration, storytelling, face painting, interactive music, a balloon artist and information about City of Hartford services and projects such as the Health Equity Alliance and a sneak preview of the planned

Family Center at Parker Memorial.

“Another gem in our city has come to life. The Parker Memorial Community Center will make a great difference in the lives of countless Hartford families,” stated Mayor Pedro Segarra.

“Our program offerings at the Parker Memorial Community Center will pay countless dividends in the development of our children and all families,” stated Carlos Rivera, Director.

Linda J. Kelly, president of the Hartford Foundation for Public Giving, joined us as we continue to partner to create a new family center at this facility. “The Hartford Foundation is delighted to be working with parents from the community and City administrators to develop a Brighter Futures family center at Parker Memorial, which will be dedicated to improving the school readiness of children,” said Ms. Kelly. “Like the other family centers in Hartford neighborhoods, children in North Hartford will be able to participate in fun activities that teach literacy, math, science, art and drama, and parents can learn about child development, and ways to improve their family’s health and wellness.”



Grow With Me Project FACT:

School aged children need 5 or more servings of fruits and vegetables every day



In partnership with the Hartford Food System, the City of Hartford Department of Health and Human Services developed a program that engaged more than a dozen Hartford students (8 to 12 years old) in raised-bed vegetable gardening and nutrition education as part of the Summer Recreation program at the new Parker Memorial Community Center.

The main purposes of this exciting project were to:

- Engage multi-generational participants in a healthier relationship with food and their environment.
- Educate families on the importance of healthy and healthful eating habits
- Connect families with the opportunity to prepare, grow and consume nutrient rich vegetables and herbs in a non threatening, conducive environment
- Engage community leaders in acknowledging and addressing the nutritional needs of their community members

Over the course of seven weeks, we worked

with the young “gardeners” to “Grow a Pizza”, culminating with a healthy harvest lunch at the end of the program prepared with and by the youth.

Hartford Food System expanded their Grow Hartford program to this pilot program for younger children which allowed us to do agriculture education programming in the City's North End. The feedback from the youth participants was very positive and, for many of them, it was their first experience with tangibly connecting healthy food to healthy growing. We hope to repeat and expand the pilot program during the next growing season!

HARTFORD FOOD SYSTEM



A Piece of the Puzzle

One of Our Partners in Public Health



Journey Home is the non-profit agency spearheading the implementation of the Capitol Region's Ten Year Plan to End Homeless. In ending homelessness Journey Home will utilize city, town and state government, community based service organizations, local businesses, the faith based community, academia, advocates and individuals who themselves have experienced or are at risk of homelessness. www.journeyhomect.org

VACCINATION IS THE BEST PROTECTION

The Center for Disease Control and Prevention recommends that everyone over the age of 6 months get vaccinated every year.

COVER YOUR NOSE AND MOUTH WITH A TISSUE WHEN YOU COUGH OR SNEEZE

Put the tissue in the waste basket immediately.

IF YOU DON'T HAVE A TISSUE, COUGH OR SNEEZE INTO YOUR UPPER SLEEVE OR YOUR ELBOW

Not into your hands.

WASH YOUR HANDS OFTEN

With soap and warm water for 20 seconds. If soap and water are not immediately available, use an alcohol-based hand sanitizer.

STAY HOME IF YOU ARE SICK

You will help prevent others from catching your illness.

AVOID CONTACT WITH SICK PEOPLE

Also avoid touching your eyes, nose and mouth. Germs spread easily through them.

TIPS FOR FLU SEASON

Unlike last flu season, when you needed to get two vaccines, the 2009 H1N1 and the seasonal vaccine, this flu season you only need the seasonal vaccine.

The 2010-2011 flu vaccine protects against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.

Everyone 6 months of age and older should get vaccinated against the flu.

